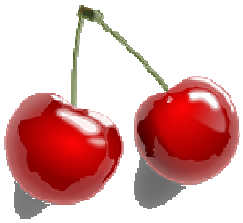

What is Tabata Training

Tabata is a form of high intensity interval training that brings very good results with a short but intense training period 2-3 times a week. It maximizes fat burning and increases the release of human growth hormone. It has the added benefit of burning more calories overall than other forms of exercise because, provided you do not eat directly after the Tabata, your body will continue to burn fat even after you finish training. On top of that, if you do it properly, it only takes 4 minutes of actual high intensity training. With a warm up of 2-3 minutes, your total session takes less than 10 minutes.

However, it is extreme and by no means easy. If it is easy then you are not doing it properly. Even people who are unfit can do Tabata training because the goal is to get 'your' heart rate high. What is a fast pace for you, may be a slower pace for someone else but as you get fitter, you will go faster and harder so the body sets its own limits.

How

1. Find an aerobic (cardiac) activity. One in which you can go fast and slow easily.

- Running
- Swimming
- Cycling
- Stationary bike
- Burpees
- Star jumps
- Skipping
- Rowing

2. Warm up by doing the activity at a moderate pace for a few minutes.
3. Go as fast as you possibly can for 20 seconds and then slow for 10 seconds.

4. Repeat this cycle for a total of 8 altogether.

For this to work properly, from about cycle 5- 8 you should be really out of breath.

Benefits.

1. Increase anaerobic capacity
2. Increase aerobic capacity
3. Increase VO2 max.
4. Increase production of Mitochondria
5. Decrease fasting Insulin
6. Decrease abdominal fat

www.live2ahundred.com

health@live2ahundred.co.za